



Photo by MC2 (SW/AW) Danielle Brandt

**Chief Electrician's Mate Michael Hansen receives his combination cover from his mentor during a chief pinning ceremony aboard Naval Support Activity (NSA) Bahrain.**

## NAVCENT Pins 61 New Chiefs

By MC1 Stephen Murphy

U.S. Naval Forces Central Command Public Affairs

**NAVAL SUPPORT ACTIVITY, Bahrain** — Sixty-one chief selects received their anchors during a pinning ceremony at Naval Support Activity (NSA) Bahrain, Sept. 12.

Vice Adm. John Miller, commander, U.S. Naval Forces Central Command (NAVCENT), U.S. 5th Fleet, Combined Maritime Forces, provided opening remarks for the event.

"Of the Navy's 320,000 Sailors, standing here are 61 of their newest and finest leaders; 61 chief petty officers; 61 custodians of an illustrious legacy that has endured for 120 years," said Miller. "I congratulate you and your families on what you have achieved today. Stay dedicated to the high standards of performance and accomplishment that brought you here. Rededicate yourselves to shape the future of our Navy - your Sailors. Lead them with stalwart adherence to regulations and guidance. Mentor them while treating each of them with dignity and respect."

U.S. Naval Forces Central Command, U.S. 5th Fleet Force Command Master Chief James E. DeLozier served as the guest speaker for the pinning ceremony.

"Today's ceremony is more than just a pinning ceremony," said DeLozier. "Today you are formally accepted as brothers and sisters by the 35,000 active and Reserve chiefs worldwide. Our Navy continues to be the predominant Navy of all navies. The major difference of our Navy and

the rest is our senior enlisted corps — our chiefs mess — our formidable presence and experience, our unparalleled leadership, and technical expertise."

The ceremony included new chief petty officers from NSA Bahrain, NAVCENT and commands throughout the 5th Fleet area of responsibility (AOR).

Chief Aerographer's Mate Brian Georger, from NAVCENT's Meteorology and Oceanography department, is one of the new chief petty officers pinned during the ceremony.

"It's just something that really touches the very core of you," said Georger. "I'm very proud, and at the same time, I'm very humbled. I understand that a lot of responsibility comes with the anchors and the legacy of the brothers and sisters who have gone before me."

The pinning ceremony was followed with a reception for the new chiefs, their family members and coworkers. The chiefs' pinning ceremony is a tradition unique to the Navy, which dates back to 1893, when the chief petty officer pay grade was created.

NAVCENT is responsible for approximately 2.5 million square miles of area including the Arabian Gulf, Gulf of Oman, North Arabian Sea, Gulf of Aden, and the Red Sea. NAVCENT's mission is to conduct maritime security operations, theater security cooperation efforts, and strengthen partner nations' maritime capabilities in order to promote security and stability in the U.S. 5th Fleet AOR. (More photos on Page 5)

## NFAAS Information Needs to be Updated Semiannually

From Commander, Navy Installations Command Public Affairs

**MILLINGTON, Tenn. (NNS)** — The Navy's semiannual Navy Family Accountability and Assessment System (NFAAS) verification is underway requiring all Navy personnel to verify and update their personal contact information in NFAAS by March 31.

NFAAS is used to account, manage, and monitor the recovery process for Navy personnel and their families affected by wide-spread catastrophic events. Outdated contact information can delay the Navy's ability to account for and provide assistance to affected personnel, this necessitating a requirement for all Sailors and civilians to update their NFAAS information twice a year.

"Ensuring we have the most up-to-date data on our Sailors and civilians is paramount to the success of NFAAS as the system enables us to contact everyone in the Navy family to provide assistance when disaster strikes," said Mr. Ed Cannon, director of Fleet and Family Readiness at Commander, Navy Installations Command. "From the many bases in hurricane and typhoon zones to places where earthquakes or even manmade events occur, NFAAS is the key program in our ongoing efforts to provide for the wellbeing of those who give us so much."

NAVADMIN 000/13 discusses the semiannual update/verification of personal information in NFAAS by all active duty and Reserve Sailors, Department of the Navy civilian employees and OCONUS contractors.

NFAAS Page 4



Photo by MCC Elizabeth Thompson

**Lt. Cmdr. Richard Evans, an emergency operations center personnel officer, receives accountability reports from Joint Base Anacostia-Bolling commands during an improvised explosive device drill at during force protection and anti-terrorism exercise Citadel Shield 2013. This annual exercise is designed to enhance the training and readiness of Navy security forces to respond to threats on naval bases and installations throughout the continental United States Feb. 19 - March 1.**

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NSA BAHRAIN APPRECIATES OMBUDSMEN, P. 2



HAGEL, DEMPSEY HONOR 12 KILLED AT WASHINGTON NAVY YARD, P. 4



CONGRATULATIONS CHIEFS!, P. 5

THESE  
STORIES  
AND  
MORE...



# Family Life at NSA Bahrain

## NSA Bahrain Appreciates Ombudsmen



Photo by MC2 (SW/AW) Danielle Brandt

Rear Adm. James Loeblein, deputy commander, U.S. Naval Forces Central Command, U.S. 5th Fleet, thanks Ombudsmen for their service during an appreciation luncheon at Naval Support Activity Bahrain. Ombudsmen act as liaisons between the commands and families, and communicate information about command and community resources to families.

By MC1 (SW) Steve Smith  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — Ombudsmen from commands around Naval Support Activity (NSA) Bahrain attended a luncheon in honor of Ombudsman Appreciation Day, Sept. 16.

Ten ombudsmen were accompanied by their leadership counterparts from the commands they represent, including guest speaker Rear Adm. James T. Loeblein, deputy commander, U.S. Naval Forces Central Command, U.S. 5th Fleet.

"There's not a member of the command's leadership triad, which is the CO, XO and Command Master Chief, who would say the command would not function near as well without an ombudsman as part of it. I want recognize you today and thank you for that support," said Loeblin.

The ombudsman program began in 1970 under the direction of Adm. Elmo R. Zumwalt, who was Chief of Naval Operations at the time. Ombudsman volunteer and

are appointed by the commanding officer.

"The ombudsman is important because they are the vital link between the 7,000 military members who are forward deployed and the families back in the United States," said Capt. David Meron, NSA Bahrain commanding officer. "They are responsible for transferring information and to help take care of the needs of the families back home."

Sam Rayburn, Ombudsman Coordinator, said Bahrain has 14 ombudsmen in the program which represents service members and families in locations around the Middle East, the U.S. and even Atsugi, Japan.

"It's very rewarding to work with families and help them, whether it's to find a job, an apartment, or just showing them around," said Lydia Washington NSA Bahrain Ombudsman. "I really love the fact that I can give back to the family."

After lunch, the ombudsmen had their photo taken with their commander and received a bouquet of flowers and a certificate of appreciation.



439-4520

[www.cnic.navy.mil/bahrain](http://www.cnic.navy.mil/bahrain)

**Commanding Officer**  
Naval Support Activity Bahrain  
Capt. David Meron

**NSA Bahrain Executive Officer**  
Cmdr. Leif Hammersmark

**Public Affairs Officer**  
Jennifer L. Stride

**Staff Photojournalists**  
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Weam M. Ahmed

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## Chaplain's Corner

### *Are We Happy*



By Chaplain Keener  
NSA Bahrain Command Chaplain

A question often times in our life will be asked to us, whether it is from family, friends or love ones is: "Are you happy." This seems like a simple question to answer but when we look deep into our soul, what really does make us happy?

How come during life do we feel like we are on a roller coaster ride with happiness? Why does our train get derailed when we have so much in life, so many gifts that God gives us and we are not satisfied? We want more, we want the best. What is wrong with what we have now? Throughout life this will change.

When we are young the simplest things make us happy, a new bike, new shoes, seeing Mickey etc. When we are teenagers and we go on our first date and it goes well we put our heads on our pillow and smile. When we walk down the aisle and get married, life is good. When we start having a family, buy our first home we feel that we are achieving what life has to offer.

Throughout life we will experience many joys but the ultimate challenge is, when do we feel content and are truly satisfied with what we have? This is where we lead into our worries and concerns about the future and this usually

will lead us into stress. At the end of the day, if we do not count our blessings and we lust for more, then we will never achieve the state of happiness.

For example: a group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups, porcelain, plastic, glass, crystal, some plain looking, some expensive, some exquisite; telling them to help themselves to the coffee.

When all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself adds no quality to the coffee.

In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups. Then you began eyeing each other's cups. Now consider this: Life is the coffee; the jobs, money and position in society are the cups. They are just tools to hold and contain life, and the type of cup we have does not define, nor change the quality of life we live.

Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us." God brews the coffee, not the cups. So enjoy your coffee! Life is too short and we never know when the shadow of death is going to come and take us away. If we do not take a step back from time to time and smile and appreciate what we do have, then we really will never be happy. Happiness is a feeling, an appreciation for the ones that love us, for the ones we love, and the things we have right now. It is up to us to stop and smell the roses.

## Sexual Assault Prevention and Response Victim Advocacy Support Specialist

My name is Enid Dahlgren Murphy and as of Sept. 6, 2013, I am the new NSA Bahrain SARC, taking the watch from Ann Wilson after her tireless 11-year service to our community.

I hold a degree in Sociology and have more than 25 years experience in Social Welfare and Program Management. My involvement with the SAPR program goes back to 2008 and most recently as NSA Bahrain's Victim Advocacy Support Specialist, since February 2013.

I am the wife of a 30-year vet who recently retired as an installation Command Master Chief. We have lived in both CONUS and OCONUS environments, raised 3 children and experienced more than 10 deployments. I am acutely aware of the many challenges faced by Commands, service members, and dependents.

My office is located at the Fleet and Family Support Center, Building 267. My direct telephone number is DSN 439-4691 or Commercial 1785-4691. I can be reached via e-mail at enid.murphy@me.navy.mil or Mobile at 3940-9854.

I strive to work smarter, not harder. I want to build effective teams throughout all service branches and Commands,



U.S. Navy photo

Enid Dahlgren Murphy

honor the integrity of the Program and get the job done right the first time. I look forward to becoming more involved in the NSA Bahrain community and taking advantage of the opportunity to work together that lies ahead.

## LEGAL CORNER

### LN1 Shenika Mayes, USN

There are two online legal resources that all servicemembers should be aware of in the event a legal issue arises. These websites are extremely useful if you ever need to hire a civilian attorney or want to educate yourself on a legal issue.

• American Bar Association Home Front for Military Families  
[http://www.americanbar.org/portals/public\\_resources/aba\\_home\\_front/directory\\_programs.html](http://www.americanbar.org/portals/public_resources/aba_home_front/directory_programs.html)

This website is a great resource if you are looking for legal assistance in your state. You can select the appropriate state and see a listing of military legal assistance offices, legal aid and pro bono organizations, and lawyer referral services. Some of the programs may have income-eligibility limits, but they will let you know when you call. Many of the states have military specific programs where attorneys take cases of servicemembers for free or at a discounted rate.

• Law Help  
<http://www.lawhelp.org/>

This website is great for educating yourself on various legal issues. The website is organized by state and contains information about landlord/tenant issues, divorce, custody, child support, small claims court, adoption, paternity, disability, and consumer issues. Additionally, some of the state sites have self-help court forms available for divorces or other legal matters.

If you have any questions about this topic, please contact our front desk at 439-4237.

## Motorcycle Safety Tips

**Make Eye Contact.**

**Watch out for left-turning vehicles at intersections.**

**Check behind when turning left from a highway.**

**Look out for hazardous road conditions.**

**Read "vehicle language".**

**Take it easy on the curves.**

**Wear protective clothing designed for motorcycle riders: Long Sleeve Shirt, Long Trousers, Full Fingered gloves or mittens.**

**Protect your eyes. Wrap around type protective eye devices or face shield attached to the Helmet.**

**Be visible: Reflective outer garments during nighttime hours.**



For more information on visas and CPR cards contact Immigration at 1785-4258.



# Hagel, Dempsey Honor 12 Killed at Washington Navy Yard

By Jim Garamone  
American Forces Press Service

**WASHINGTON** — Defense Secretary Chuck Hagel, Navy Secretary Ray Mabus and Joint Chiefs Chairman Army Gen. Martin E. Dempsey today joined other defense leaders to place a wreath at the Navy Memorial here in honor of the 12 employees killed at the Washington Navy Yard yesterday.

In a short, somber ceremony, Hagel and Dempsey placed a wreath next to the "Lone Sailor" statue at the memorial on Pennsylvania Avenue this morning.

Washington Mayor Vincent Gray joined the military leaders. All present saluted or placed their hands over their hearts as a bugler played "taps."

The FBI is continuing the investigation into the shooting rampage.

Aaron Alexis, a former Navy reservist, is alleged to have been the shooter. Alexis was killed in a gun duel with police.

Officials have released the names and ages of seven of those killed. They are: Michael Arnold, 59; Sylvia Frasier, 53; Kathy Gaarde, 62; John Roger Johnson, 73; Frank Kohler, 50; Kenneth Bernard Proctor, 46 and Vishnu Pandit, 61. Other names will be released when family notifications are complete, officials said.



Photo by MC1 Arif Patani

Secretary of Defense Chuck Hagel, right, and Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey place a wreath at the Navy Memorial, as Adm. James A. Winnefeld, Jr., Vice Chairman of the Joint Chiefs of Staff, back left, Secretary of the Navy (SECNAV) Ray Mabus and Chief of Naval Operations Adm. Jonathan Greenert look on. The ceremony was held in honor of the victims of the tragic shooting at the Washington Navy Yard Sept. 16.

NFAAS from Page 1

Sailors and civilians can log in to NFAAS at <https://navyfamily.navy.mil> to verify and update contact information for themselves and their family members. Commanding officers are responsible to ensure compliance with this verification and the Office of the Chief of Naval Operations will review the extent to which all commands have provided their information.

The message also directs commands to incorporate NFAAS updates into the command check-in and check-out process during permanent change of station moves. Ensuring NFAAS accuracy can assist commanding officers in accounting for their people after a wide-spread catastrophic event.

For more information read NAVADMIN 000/13 and contact the NFAAS Help Desk at 1-866-946-9183 or email at [nfass@spawar.navy.mil](mailto:nfass@spawar.navy.mil) or visit the NPC website at [www.npc.navy.mil](http://www.npc.navy.mil).

For more news from Commander, Navy Installations Command, visit [www.navy.mil/local/cni/](http://www.navy.mil/local/cni/).

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*Happy Birthday*  
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**Monday, October 14, 2013**  
**Run Starts @ 0600 with a 0530 check-in**  
**Located at the NAVCENT Roundabout**

*For more information, contact the Fitness Center @439-9306.*

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**FOR MORE INFORMATION, CONTACT: ITT @ 439-4206/3531**





# Congratulations Chiefs!

Sixty-one Sailors from NSA Bahrain, U.S. Navy Forces Central Command, and commands located throughout the U.S. 5th Fleet area of responsibility received their anchors in a pinning ceremony aboard NSA Bahrain, Sept. 12.



Photo by MC2 (SW/AW) Danielle Brandt

Chief Hospital Corpsman Dameon Webb walks through side boys as they render honors after being pinned during a chief pinning ceremony aboard Naval Support Activity (NSA) Bahrain. Sixty-one Sailors from NSA Bahrain, U.S. Navy Forces Central Command, and commands located throughout the U.S. 5th Fleet area of responsibility received their anchors.



Photo by MC2 (SW/AW) Danielle Brandt

Commander, U.S. Naval Forces Central Command, U.S. 5th Fleet, Combined Maritime Forces, Vice Adm. John W. Miller congratulates Chief Logistics Specialist Rebeca Perez during a chief pinning ceremony aboard Naval Support Activity (NSA) Bahrain.



Photo by MC2 (SW/AW) Danielle Brandt

The newly promoted chiefs of fiscal year 2014 stand in formation during a chief pinning ceremony aboard Naval Support Activity (NSA) Bahrain.



Open To All Active Duty Military Personnel, DOD Civilians & Family Members



# Octoberfest 2013

**Thursday, 3 October from 1700 - 2100**  
**Located @ Freedom Souq Courtyard**

MWR is proud to host NSA Bahrain's 2013 Oktoberfest Celebration!


The event includes a Baggo Tournament, authentic German food, beer steins for sale, beer and cash bar, face painting and games for kids, German & DJ music, and other activities for participants of all ages!

For more information, contact Lee Leach @ 439-3036

NAVY CYP

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Classes are: November 14, 21, at 1545-1645  
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Registration period is October 7-November 7

Maximum 12 participants per session. Please register at the CDC.

For more information please contact Seamus Corry at 439-4903

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Children 5 and under: FREE Admission

MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

\*\*\*\*\* MOVIE HOTLINE: 439-6916 \*\*\*\*\*



### Guided Tour Of Mosque & Arabic Lunch

Sunday, September 22

- Time: 1000 - 1400
- Min 5 people; ITT Price: \$16.00

### Cooking Demonstration Of Arabic Food & Dinner

Wednesday, September 25

- Time: 1700
- Min 5 people; ITT Price: \$23.00

### Al Dar Island Day Trip

Friday, September 27

- Time: 0930 - 1500
- Min 10 people; ITT Price: \$17

### Group Fishing Trip

Saturday, September 28

- Time: 0800
- Group of 6 people; Max 6 people;
- Cost: \$448

### Swim With The Dolphins

Saturday, September 28

- Time: 1000 - 1300
- Min 8 people; ITT Price: \$49.00

## ITT

### Pearl "Snorkel" Hunt

Friday, September 20

- Time: 0745
- Min 8 people; ITT Price: \$64.00

### Guided Cultural Tour Of Bahrain

Saturday, September 21

- Time: 0900 - 1600
- Min 14 people; ITT Price: \$35.00

### Horse Back Riding

Saturday, September 21

- Time: 0800 - 1200
- Min 8 people; ITT Price: \$26.00

For more information, call x-3531  
 All dates and times are subject to change

## Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: [MWRsuggestionBox@me.navy.mil](mailto:MWRsuggestionBox@me.navy.mil)  
 If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



### Thursday, September 19

#### Hot Mitt Bandit

- Time: 1130

### Sunday, September 22

#### Sunday Sundaes

- Free Ice Cream Sundae (while supplies last)

### Monday, September 23

#### Speed Pool

- Time: 1130; Free Pizza for players

### Tuesday, September 24

#### Last Buck Party

- Time: 1130

### Wednesday, September 25

#### Glow in the dark horseshoes

- Time: 1900

### Thursday, September 26

#### Happy Birthday September Babies

- Free cake while supplies last

### Sunday, September 29

#### Sunday Sundaes

- Free Ice Cream Sundae (while supplies last)

### Monday, September 30

#### Speed Pool

- Time: 1130; Free Pizza for players

### Tuesday, October 1

#### Halloween Barracks

#### Door decorating contest

### Thursday, October 3

#### Pumpkin Carving Contest

For more information, call the Liberty Center at 439-3192



@NSA Bahrain



# Mediterranean Flavors



Masso restaurant

Few of us have noticed the changes occurring under our noses in Adliya. Thankfully the Middle East is taking notice quicker than those of us living here.

The PALACE Boutique Hotel has been standing on the corner of Shaikh Isa Avenue for 35 years. Boasting a new title for what was once referred to as the Palace Inn, the recent name change reflects the changes occurring to this elegant property.

Honoring the legacy of his father, Khalid al Rumaihi took over the venue following a successful 20-year international banking career. Having once vacationed throughout Europe, he recollects loving his stays at smaller boutique hotels, which often had Michelin-star restaurants attached to them. These locations left memories he cherished long after his holiday had ended.

Having inherited the entrepreneurship

ties. The rustic bistro boasts a southern Mediterranean menu, featuring dishes from Italy, France and Spain.

Esquire magazine has listed Masso among its top 50 restaurants in the Middle East. The restaurant has received an award of excellence for two years by Wine Spectator magazine. Many more achievements prove that this dining venue is a league above the rest. Featuring organic products, such as the vegetables grown in its own garden, Masso's menu is based on the concept of sharing. This is done to emulate the dining methods at home, where you share dishes with others members of the family.

The hotel features a recently renovated sports lounge — Polo Lounge — one of the largest of its kind in the Kingdom. Open to all every night of the week, this venue invites you to enjoy a game of pool or darts. Sit back in comfortable chairs and watch your favorite sports live on the large screens. The menu at Polo Lounge boasts international dishes that are perfect for a relaxed evening out with friends.

With a master plan in its development phase, this hotel can be seen to be 35 years young. The well-appointed rooms will be expanded. The completed version will see a new pool area, a new gym, another fine-



gene from his father, Khalid set about reinventing the hotel with a new façade. Upgraded rooms and revamped dining venues now combine to enhance the travel experience of the hotel's guests.

The vision of Masso restaurant was born during his visit to several hotel proper-

dining restaurant and a private spa.

By honoring his father's legacy through an enhanced property, Khalid Al Rumaihi offers future generations of the Kingdom a boutique hotel that we will all want to treasure.

For information, call 17 725-000.

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## Dining — Eating Out

American		Asian	
Bennigan's	1781 3750	Chin Li	1771 7717
Blaze Burgers	7705 5772	Curry Country	1753 7555
Burger Lounge	1774 4773	David's Stir Fry	1754 0188
Burger Wisconsin	1759 4458	House Boat	1601 0321
Chili's	1727 1701	Kontiki	1752 5455
Elevation Burger	1758 7828	Memories	1717 8646
Fat Burger	1713 1414	Monsoon	1774 9222
Franks A Lot	1781 1970	Noodle Factory	1601 0534
Fuddruckers	1774 2266	Nuasia	1758 7171
Hard Rock Café	1729 1569	Panasia	1772 1600
Johnny Rockets	1756 6565	Peppers Fusion	1771 7808
Ponderosa	1756 4228	Rice Bowl	1717 9600
Ric's Kountry Kitchen	1772 5550	The Noodle House	1766 6353
T.G.I.Friday's	1717 9041	Wok	1763 6415
Tony Luke's	1749 4940		
Tony Romas	1787 0070		



Brazilian		European	
Brasa De Brazil	1758 2225	Block 338	1771 0338
Brazil Rodizio	1782 6686	Camelot	1771 7745
		Coco's	1771 6512
Chinese		Cyprus Taverna	1771 6316
Beijing Chinese	1771 7969	Déjà Vu	1365 7770
China Express	1771 7439	JJ's Irish Restaurant	1774 2323
China Garden	1774 6423	Sizzlers	1771 6999
Ching	1756 4424	Zytoun	1729 8008
Foli	1772 2199		
Hong Kong	1772 8700		
Magic Wok	1750 6070		
Shanghai Hut	1729 2988		
Soie	1753 3533		
Café Restaurants			
Café Delices	1774 6434		
Le Bateau	1736 9165		
Paul Bakery & Rest.	1717 2321		
T-Spoon	1717 1000		

Curry Tree	1603 0662	La Fontaine	1723 0123
Hyderabad House	1672 0031	Le Jardin	1774 2000
It's Mirchi	1772 7230	Links	1775 1262
Kalpaka	1729 7000	Little Chef/Wholesale	1759 5950
Khazana	1727 4767	Mei N Yu	1601 0160
Lanterns	1759 0591	Muju	1603 9800
Moti Mahal	1782 5333	Nando's	1782 5100
Mumbai Spices	1738 2255	Rendezvous	1717 8712
Nattinpuram	1729 0600	Salad Boutique	3666 4427
Nirvana	1758 9318	Trader Vic's	1758 6555
Papadom	1756 4434	Upstairs Downstairs	1771 3093
Rajadhani	1771 5222	Vins Bistro	1771 7101
Shamiana	1717 8085	Wafi Gourmet	1717 9999
Saravanaa Bhavan	1724 5577	Zoë	1771 6400
Spices	1753 1122		
The Yellow Chilli	1758 0480		

Iranian	
Golestan	1752 4579
Isfahani	17 369-269
Parsian	1781 1511
Persian Garden	1758 0600
Persian Room	1601 0166
Takht Jamsheed	1772 6431
Tehran Grill	1755 5989



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### Italian

Café Italia	1774 4774
Café Spasso	1782 2274
Carino's Italian Grill	1758 7878
Cico's	1771 3710
Cucina Italiana	1700 1317
Fiamma	1763 6363
Italiano	1758 1919
Justapasta	1750 6070
La Pergola	1774 6419
La Taverna	1722 9979
Masso	1772 1061
Medzo	1722 7777
Mia Mia	1756 4414
Mino's Pizzeria	1774 4777
Mondo	1752 5484
Nino	1756 6555
Pasta Art	1700 1555
Pastarito Ristoranti	1717 9300
Prego	1775 1263

Primavera 1758 0000

Roma 1772 5885

Romano's Macaroni Grill 1750 6070

Vapiano 1749 1391

### Japanese

Bushido 1758 3555

Edo 1729 0945

Frangipani 1758 2422

Fuji Sushi Bar 1753 3383

Fuji Teppanyaki 1753 3383

Hakisushi 1750 6070

Imari 1600 0000

KEI 1753 5000

Maki 1752 2733

Meisei 1700 7770

Mirai 1771 3113

Sato 1774 6429

Sumo Sushi & Bento 1771 8090

Sushi 101 1782 2274

Yo! Sushi 1758 3373

### Lebanese

Abd El Wahab	1713 1111
Al Hamra Palace	1722 4000
Carla's Lebanese Bistro	3633 5959
Kenza	1736 0000
Leila	1756 6556
Mashawi Lebanese Grill	1733 9014
Rayés	1731 2700
Yamin Jana	1603 3800
Zahle	1774 6417
Zayt Zaytoon	1731 2222
Zeitouna	1736 5055

### Mexican

Casa Mexicana	1771 5521
Margarita Mexicana	1774 6461
Señor Paco's	1772 5873

### Middle Eastern

Al Abraaj	1717 8090
Al Bokhari	1731 1186
Leewan Al Khor	1601 0666



### Multi-Cuisine

Atayeb Restaurant	1759 0119
Bangkok Int'l.	1774 0666
Caesars	1771 6955
Charcoal Grill	1721 3410
Georgia Chinese	1781 3814
Grand Royal	1772 1787
Silk Restaurant	1774 9750
Spice Nice	1771 3603
Sun & Sand	1731 1366

### Pizza

Domino's Pizza	1782 6222
Little Ceasars	1717 9400
Papa John's	1750 6070
Pizza Express	1610 1524
Pizza Hut	1771 1113
Pizza Inn	1781 1666
Rolando's	7732 2222
The Pizza Company	1781 1830



### Sandwich Bars

Quiznos Subs	1750 6070
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### Seafood

Fish Market	1770 1201
La Mer	1763 6363
La Perle	1729 8008
Seafood Market	1753 3383
Waves	1753 1122

### Shawarma

Shawarma Express	1772 9922
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### Steak Houses

Klounds	1736 0000
Legendz	1722 7777
Plums	1758 0000
The Butcher Shop & Grill	1717 2323
The Meat Co.	1774 2080

### Thai

I Am Thai	7704 0454
Baan Saeng Thai	1771 5775

Banana Leaf 1774 4171

Orchid Thai 1729 6660

Royal Thai 1774 6421

Shada 1772 1155

Thai Express 1750 6070

Thailand 1771 7040

Wang Thai 1771 0771

### Turkish

Kosebasi 1717 2322

### Quick Service Restaurant

Burger King 1750 6070

Burger Land 1771 3778

DQ Grill & Chill 1750 6070

EZ Take Out 1724 1111

Hardee's 1771 1112

Jasmi's 1772 7887

Kentucky Fried Chicken 1771 1111

King of Potato 1749 1914

McDonald's 1781 1812

New York Fries 1717 8436

Pollo Campero 1716 1716

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# The High Life

When this contemporary Asian restaurant was conceptualised, the aim was to offer the best dining experience possible on the island. They seem to have succeeded.

Boasting a modern interior and contemporary Asian cuisine, the dining experience at Meisei can only be explained as Zen-like. The idea is to let natural elements engulf the mind with harmony and relaxation. This justifies

the select use of stone, wood, water and glass elements within the unique venue.

This connection with nature is most evident on the rooftop terrace. The setting is ideal for those looking to relax and enjoy the company of friends, especially as summer abates.

Live music on the terrace fills the void between silence

and chatter, starting with chill-out tracks and increasing the tempo as the evening progresses. Award-winning, international resident DJs Sammy and Selim read the vibes of the crowd and turn their years of experience into amazing mixes that please the audience.

## In the dining world

Meisei is essentially all about the brilliance of its food. Executive chef Michael Sang-Kyu Lee has worked wonders with his authentic and inspired dishes.

The spacious venue segmented into three levels boasts three kitchens, each serving the tempting delicacies prepared by the talented chef. The ground floor offers a sushi bar and visible kitchen. This formal setting is ideal for a fine-dining experience.

The glass-enclosed first level offers a private lounge vibe with a long bar. This glass walls offer customers a 360 degree view of the venue. The rooftop lounge area delivers the tempting menu in addition to a full bar and the remarkable music by the in-house DJs.

Whether you're grabbing after work drinks or kicking off the weekend, this ultra-luxe lounge is perfect for enjoying a mindfully crafted cocktail. Turning regular nights into ones you'll talk about time and again, this venue proves to be too good to keep a secret.

## Behind the scenes

The special events organised frequently treat the experienced palate to samples of exquisite drinks and bites.

The success of Meisei may seem instantaneous; Dr Fadhel Al Arrayed tells us that the process of creating this lavish restaurant took his team seven years to plan and execute.

"We invest in people and we wanted to give Bahrain a dining experience of a truly international feel," the owner says. "Remza Investment Company takes pride in being innovators."

Such planning has paid off and the group expect to see a London-based Meisei restaurant open its doors soon. The launch of the second branch in a gastronomic nucleus of the world will give the brand exposure to a global audience.

For information, call 17 007-770.



# Traditional Fare

To discover culinary gems, one must dine 'where the locals dine'. This eatery has been a favorite of the Kingdom's food lovers for 17 years.

The concept of Al Arisha Lebanese Restaurant began several years ago, after owner Maha Al Mahmood got inspired by Italy, a holiday destination she often visited in her younger days. Falling in love with the cosy villa-style bistros that she spotted in its villages, she decided to start her own restaurant in Bahrain.

Boasting the warm setting of an Italian eatery and serving authentic Lebanese fare, the cuisine she most favors, Maha's restaurant has been a favorite of local diners for nearly two decades. Nestled within Umm Al Hassam, Al Arisha serves traditional dishes that have been prepared using the time-honored methods of home-style cooking.

Maha's love for Lebanese cuisine is reflected in each dish that leaves her kitchen.

Dedicated to delivering nothing but the best, she insists on using ingredients, especially spices, which have been imported from the markets of Lebanon. To keep it as authentic as possible, the culinary team is led by a Lebanese chef.

Known for their moutabel, Al Arisha features many delicacies of the region such as carabeige, a dessert made using specially sourced ingredients. Shanklish, loubieh belzeit, vine leaves and lamb brains tease the palate as starters. For the main course, you could have something as delicious as quails, kibbeh bil-laban, mixed grills, hammour or a local version of ghousi.

"We can accommodate over 100 guests within the indoor and outdoor dining areas," Maha says. "The relaxing atmosphere with water features makes for a perfect evening with your near and dear. Come enjoy a complete Lebanese dining experience and unwind over shisha in this cosy setting."

For information, call 17 725-414.

# Charity Marathon

Bahrain Round Table (BRT) is once again set to organize the 33rd annual Bahrain Marathon Relay (BMR) on October 25. The Relay is the biggest activity of BRT in its efforts to help the needy and raise funds for charities in Bahrain.

The 48km race, as in previous years, will be run over 16 legs of approximately three kilometers per stage starting and finishing at the Bahrain International Circuit (BIC).

The Marathon will feature male and female runners of various ages and nationalities and it is expected to see around 180

teams lined up for the event. Among the teams taking part in this year's race are local schools, hotels, financial institutions, airlines, sports and social clubs and construction companies as well as a number of elite international representatives.

To enter the event you can contact the BMR at [bmr\\_registrar@hotmail.com](mailto:bmr_registrar@hotmail.com) or go to [www.brt1.net](http://www.brt1.net) for more information. The entry fee is BD150 per team, which is an early bird discount, however, interested athletes are urged to submit their entries before the end of the month as the fees will go up to BD175 as of 1st October.





## Shopping

Endless traditional souqs, malls and shops selling the best of Bahrain. Be prepared to barter! The Kingdom offers first-class shopping malls that cater to every consumer need. Cars, haute couture clothing, electronics, furnishings and sports equipment will likely all be found under the same roof. Free of tax, many designer labels are less expensive here than in their countries of origin. Items, such as gold and jewellery, high fashion, carpets and handicrafts can be bought for amazing deals unmatched anywhere else.

### Retail Destinations

- Al A'ali Shopping Complex (Seef)
- Al Hayat Shopping Centre (Segaya)
- Al Murjan Centre (Juffair)
- Bahrain City Centre (Seef)
- Bahrain Mall (Sanabis)
- BFH Harbour Mall (Manama seafront)
- Country Mall (Budaiya)
- Dana Mall (Sanabis)
- Enma Mall (Riffa)
- Gold City (Central Manama)
- Gold Souq (Central Manama)
- GOSI Complex (Exhibition Ave.)
- Isa Town Mall (Isa Town)
- Lulu Centre (Manama)
- Marina Mall (Manama)
- Moda Mall (Manama)
- Najibi Centre (Sa'ar)
- Oasis Centre (East Riffa)
- Oasis Centre (Muharraq)
- Palm Square (Budaiya)
- Ramli Mall (A'ali)
- Reem Centre (East Riffa)
- Seef Mall (Seef District)
- Sitra Mall (Sitra)

- Yateem Centre (Manama Souq)
- Tala Plaza (Budaiya)
- The Centre (Nwaidrat)
- The Jawad Dome (Barbar)
- The Lagoon (Amwaj)
- The Walk (Riffa)
- Wadi Mall (Riffa)

### Antiques, Curios & Galleries

Al Bareh Gallery	1771 3535
Al Riwaq Gallery	1771 7441
Ella Art Gallery	1729 2815
Good Life Gallery	1769 9002

### Bookshops

Al Hilal Bookshop	1722 4860
Books Plus	1758 2263
Family Bookshop	1721 1288
Jashanmal Bookshop	1758 1632

### Boutiques

Benetton	1753 5104
BHS	1770 0123
Debenhams	1758 1166
Gucci	1753 1318
Lacoste	1758 1139
Max Mara	1753 3573
Mothercare	1727 7800
Studio 1	1725 8764
Sufana & Ruzan	1753 5007
Wrangler	1753 1553

### Cameras

Ashrafs (Kodak)	1753 4439
Jashanmal & Sons (Yashica)	1758 2424
Yaquby Stores (Leica, Minolta)	1721 0959

### Car Hire

Budget Car Rental	1753 4100
Elite Rent-A-Car	1731 1883
National Car Rental	1731 1169
Sixt Rent-A-Car	1771 1770

### Carpets

Amirkhan Carpets	3960 0140
Bradran Persian Store	1722 8655
Oasis Carpets	1771 3197

Peacock Carpet Centre	1771 3152
Royal Carpet	1771 3600

### Cosmetics & Perfumes

Al Hawaj & Sons	1725 5535
Al Ezz	1729 0055
Faces	1758 2226
Jashanmal & Sons	1758 2424
The Body Shop	1753 5354

### Crystal & Glassware

Crystal Palace	1753 5013
Royal Doulton Centre	1727 3737

### Electronics

Ashrafs (Sony, Bose)	1753 4439
Almoayyed Electronics (Aiwa)	1721 1777
Gajria Electronics (Pioneer, JVC)	1721 5454
Home Electronics	1753 1256
J A Zayani (Sanyo)	1726 1060
Mohd Fakhroo & Bros	1725 9534
Roubens Store (Sharp)	1722 3330
Yaquby Stores	1721 0959
Y. K. Almoayyed & Sons	1721 1212

### Florists

Bloom-n-Fantasy	1758 0393
Singapore Flowers	1774 2456

### Framing & Gallery

Bahrain Art Framing	1771 7165
Sheema Framing	1771 3235

### Furnitures

Bali Angels	3945 9700
KA International	1740 6016
Rosewood Collections	1722 5666

### Gifts & Novelty

Al Hasba Gifts	1765 1811
Novelty	1771 6667

### Handicrafts

Crafts Center	1725 4688
Craftland	1771 5348
Desert Art	1774 9441
Ethnic Crafts	3374 5196
Things To Do	1759 0409

### Home Décor



Home Centre	1725 0034
Manazel	1778 6727

### Jewelry

Al Hashimi Pearls	1725 3377
Al Sarraj Jewellers	1727 7521
Asia Jewellers	1753 4444
Bahrain Jewellery	1753 5091
Charming Eyes Jewellery	1724 2105
Kooheji Jewellery	1758 2848
Ramzana Jewellers	1722 4659
Shine Jewellers	1722 5733
Yaquby Stores	1721 0959

### Optician

Yateem Optician	1725 3397
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### Pharmacy

Jaffar Pharmacy (24hrs)	1729 1039
Nasser Pharmacy (24hrs)	1774 0900

### Shoes & Fashion

A'la Mode	1758 0200
Bally	1758 1100
Shoe Mart	1727 2802

### Sporting Goods

Baraka	1753 5343
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Fore Golf	1761 1911
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### Supermarkets

Al Jazira Cold Store	1772 0700
Al Muntazah	1734 6000
Al Osra	1769 7558
Geant Hypermarket	1755 8181
Jawad Supermarket	1769 1010
Le Marché	1745 7272
MegaMart/Babasons	1734 1070
Midway Supermarket	1773 2220

### Toys

Mothercare	1774 1155
Toys R Us	1758 0860

### Travel Agents

Al Dar Travel & Tours	1771 6446
Al Fanar Travel	1753 1144
World Travel Service	1722 5650

### Watches

A'la Mode	1758 0200
Ashrafs	1753 4439
Yaquby Stores	1721 0959
Zahrat Al Khaleej	1721 4321

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